

# 3D ANATOMY FOR YOGA: THE ESSENTIAL GUIDE DVD-ROM INFORMATION SHEET



Developed using Primal Pictures' award winning 3D anatomy models and the expertise of a team of experienced yoga instructors, **3D Anatomy for Yoga: The Essential Guide** is a fantastic reference and teaching tool for anyone involved in yoga, from qualified instructors to keen practitioners.

With the aim of helping both yoga instructors and practitioners gain a new and deeper understanding of human anatomy in the context of yoga asanas, this fantastic resource really is an essential guide to yoga – in 3D.

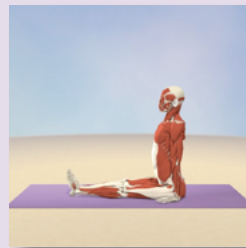
Published in an easy to use interface, this DVD-ROM has simple and intuitive functionality that allows you to interact with all the content – from the 3D anatomy models and posed skeletons to the detailed text and links to other content.

Each section has been designed to add to your knowledge and understanding of anatomy, functional anatomy and the significance of every part of the body for yoga in general and also for each asana included.

**The ultimate visual anatomy reference for yoga!** A library of stunning 3D views of the anatomy you need to know, complete with text that will give you a better understanding of the significance for yoga!

**See 26 asanas in visually stunning 3D** accompanied by beautifully written text articles that help you get the most from each pose.

**Learn, explain and teach the pertinent anatomy for each pose.** View and label all the bones and muscles – you can also easily rotate and add or remove the key muscles from the 3D posed skeleton. Click on any visible structure to read fantastic text and access hotlinks that take you directly from the text to relevant images in the 3D anatomy section and library of animations of joint movements.



## 3D ANATOMY SECTION:

**All the anatomy you need to know from bones to breathing!**

The interactive anatomy section covers:

- **Anatomical Language**
- **Skeletal System**
- **Muscular System**
- **Cardiovascular System**
- **Respiratory System**
- **Nervous System**
- **Reproductive System**

Each interactive 3D view is fully labeled and includes clear explanatory text for each structure plus additional articles covering the relevance for yoga for each area of anatomy. There are also links to animated sequences of specific joint movements and the muscle actions involved.

## ASANAS

View and interact with the accurate and interactive 3D model of the skeleton with muscles posed into 26 asanas. Also see 9 of the asanas in their classical forms as skeletal models.

Name of pose (asana)	Sanskrit name
Mountain Pose	Tadasana
Extended Hands and Feet Pose	Utthita Hasta Padasana
Side Hands and Feet Pose	Parsva Hasta Padasana
Triangle Pose	Utthita Trikonasana
Tree Pose	Vrksasana
Extended Side Angle	Utthita Parsvakonasana
Revolved Triangle	Parivrrta Trikonasana
Pyramid Pose	Parsvottanasana
Warrior I	Virabhadrasana I
Warrior II	Virabhadrasana II
Warrior III	Virabhadrasana III
Downward Dog	Adho Muhka Svanasana
Plank	n/a
Lunge	Ardha Mandalasana
Side Plank	Vasisthasana
Four-Limbed Staff Pose	Chaturanga Dandasana
Headstand	Salamba Sirsasana
Shoulderstand	Salamba Sarvangasana
Staff Pose	Dandasana
Sage Pose	Marichyasana
Seated Forward Bend	Pashimottanasana
Pigeon	Eka Pada Rajakapotasana
Cobra	Bhujasana
Upward Dog	Urdhva Muhka Svanasana
Wheel Pose	Urdhva Dhanurasana
Supine Twist	Supta Matsyendrasana

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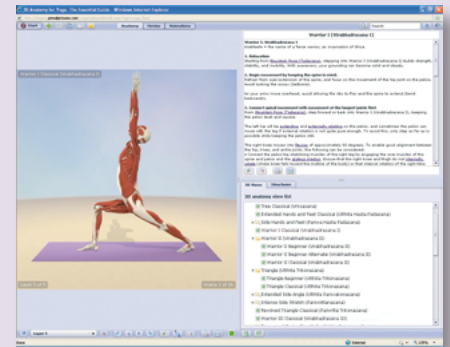
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## SAMPLE CONTENTS

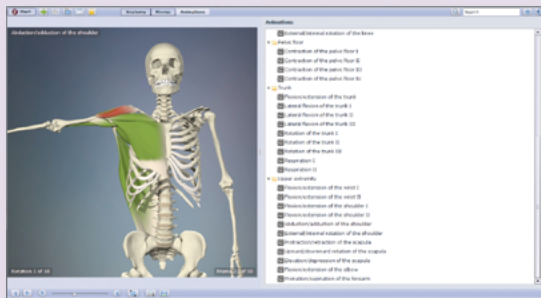
Here is a small sample of the wonderful text that accompanies each pose:

1. Relaxation. Starting from Mountain Pose (Tadasana), stepping into Warrior I (Virabhadrasana I) builds strength, stability, and mobility. With awareness, your grounding can become solid and steady.
2. Begin movement by keeping the spine in mind. Refrain from over-extension of the spine, and focus on the movement of the hip joint on the pelvis. Avoid tucking the coccyx (tailbone). As your arms move overhead, avoid allowing the ribs to flair and the spine to extend (bend backwards).....



## ANIMATIONS

43 animations covering movements of the head & neck, upper extremity, trunk, pelvic floor and lower extremity. All of which can be rotated.



### Computer compatibility:

It is compatible with both PC and Mac computers with a DVD-ROM drive

### Compatible operating systems are

Any PC with Windows XP, Vista, Windows 7 platforms

Any Mac (Intel) computer with OS 10.4, 10.5 and 10.6

Please note the software will only run in a DVD-ROM drive

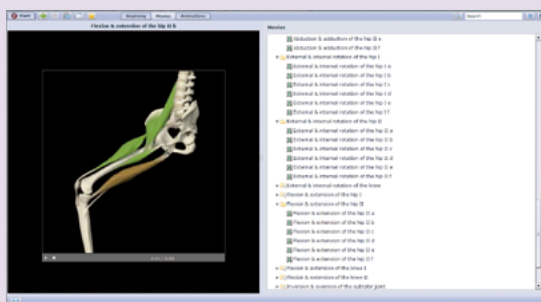
This disc will not run in a regular/movie DVD player

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## MOVIES

Over 100 movement animations that can be exported to Powerpoint.



### Contributors:

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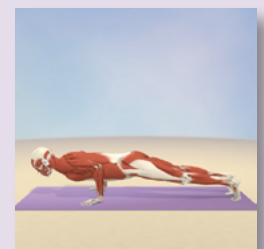
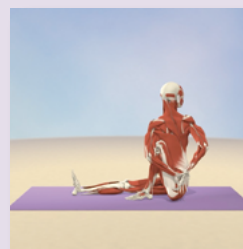
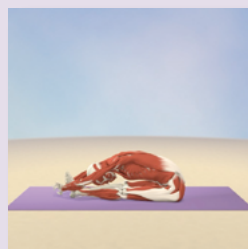
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